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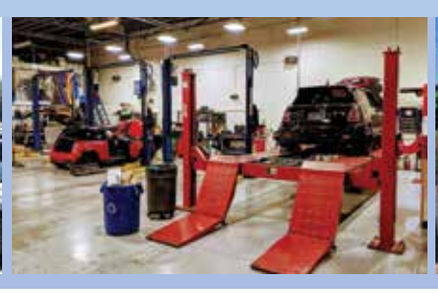

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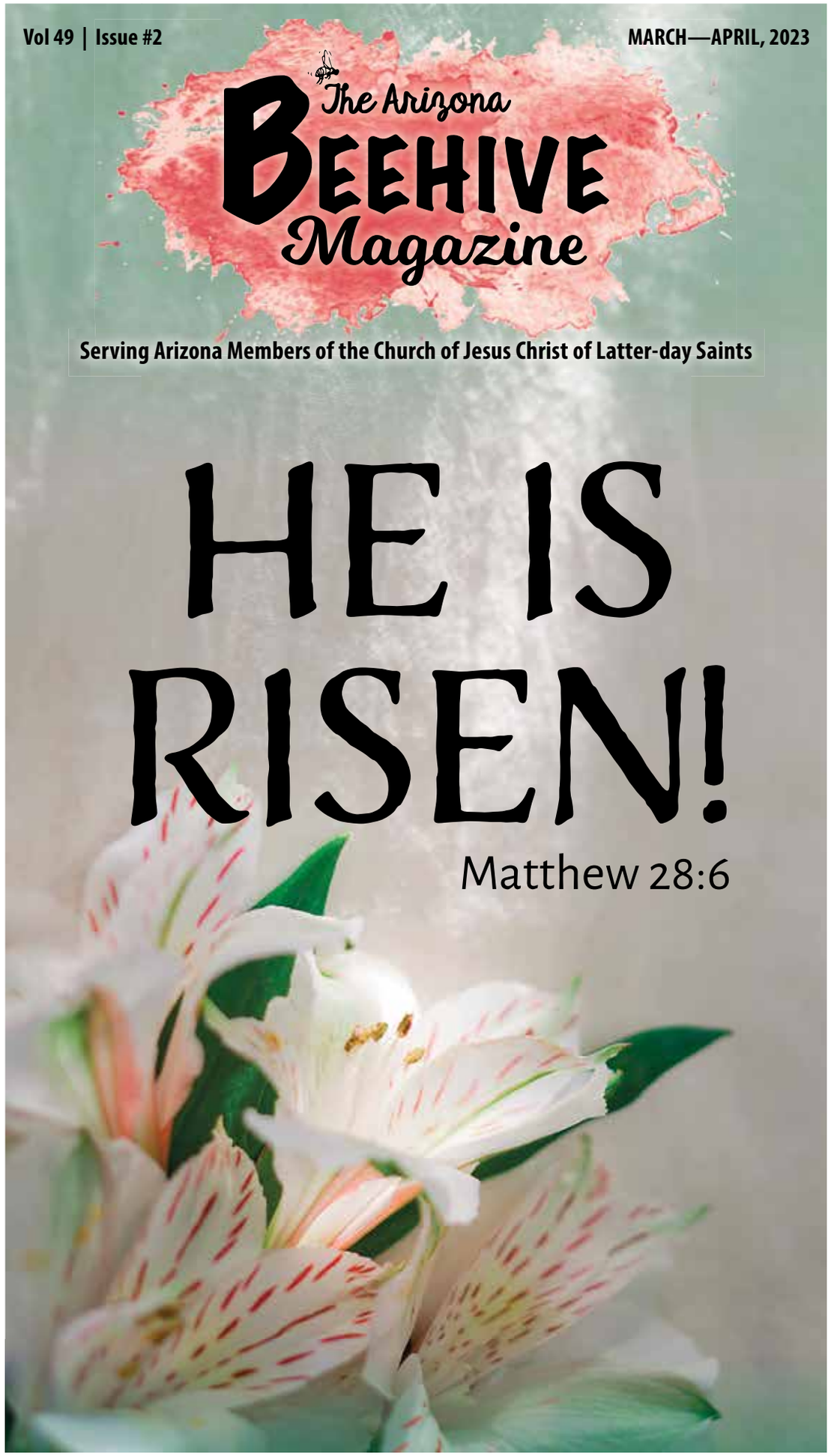
The Arizona Beehive Magazine

Serving Arizona Members of the Church of Jesus Christ of Latter-day Saints

HE IS RISEN!

Matthew 28:6



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A Principle With Promise

10 LDS Quotes On Health & Wellness

By Amy Roskelley

As a Christian and member of The Church of Jesus Christ of Latter-day Saints, I've always tried to take care of my physical body. I know that it's a gift from God, and taking care of our bodies is a way to honor Him.

Jesus Christ was the perfect example of self-mastery, hard work, and taking care of His physical being. In the scriptures we read, "Know ye not that ye are a temple of God. " We take great care of our temples, and we should do the same for our bodies.

These top quotes from LDS leaders will inspire you to get healthier and live fuller lives!

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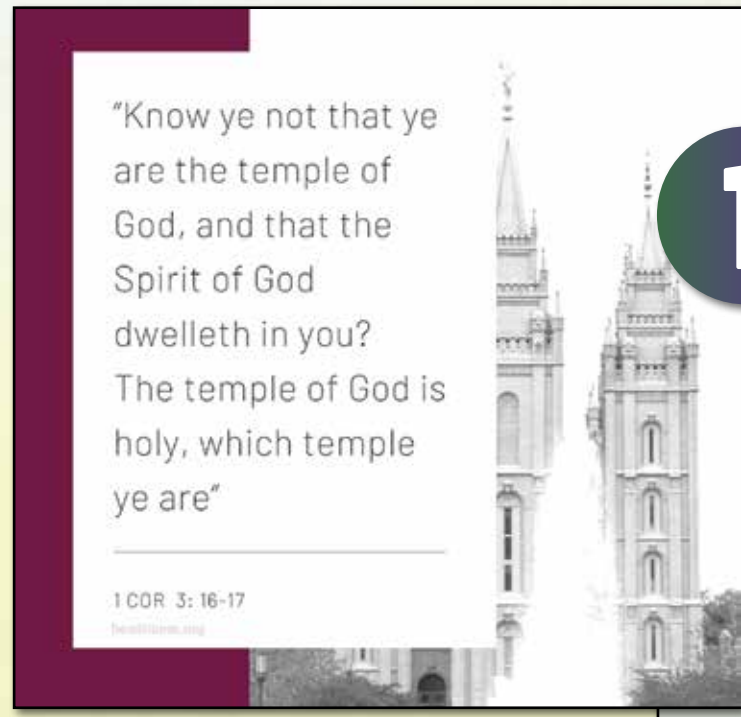
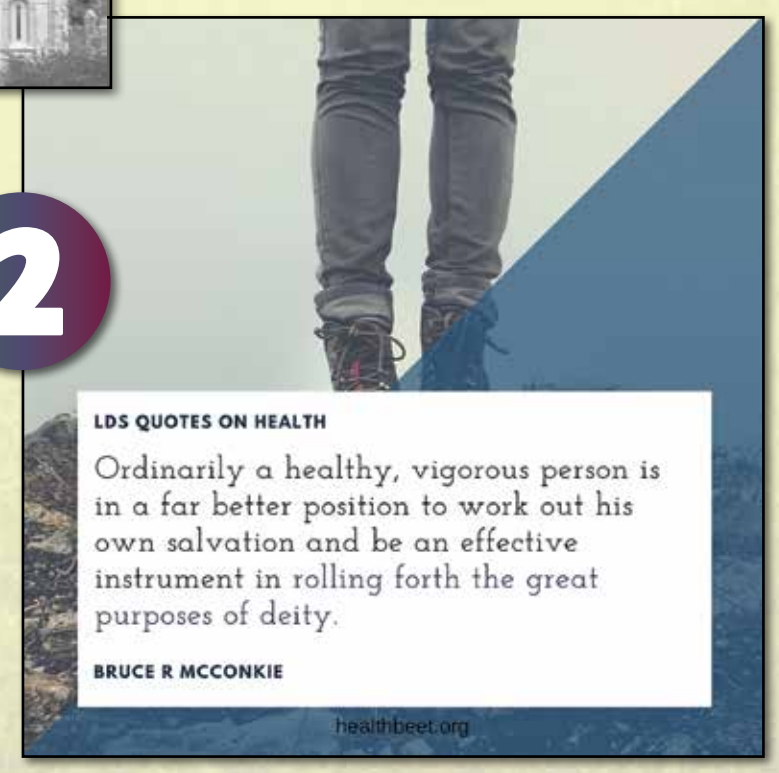

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? The temple of God is holy, which temple ye are"
1 COR 3: 16-17

1 Corinthians 3:16-17

The first quote is direct from the scriptures, showing us that God does care that we take care of our bodies.

2 Quote from Bruce R. McConkie

Recorded in 1966, Bruce R McConkie told the Latter-day Saints this quote: "Ordinarily a healthy, vigorous person is in a far better position to work out his own salvation and be an effective instrument in rolling forth the great purposes of diety."


LDS QUOTES ON HEALTH
Ordinarily a healthy, vigorous person is in a far better position to work out his own salvation and be an effective instrument in rolling forth the great purposes of deity.
BRUCE R MCCONKIE
healthbeet.org

What's The Buzz?

Elder Dieter F. Uchtdorf in his book The Gospel At 30,000 Feet speaks of the impact the difference of a few degrees can make. He points out "the difference between happiness and misery … often comes down to an error of only a few degrees." He illustrates this point with a lesson he taught to young pilots:

"Suppose you were to take off from an airport at the equator, intending to circumnavigate the globe. But your course was off by just one degree. By the time you returned to the same longitude, how far off course would you be? An error of only one degree would put you almost 500 miles off course, or one hour of flight for a jet plane!"

I have found this to be a very profound aspect of life. Elder Uchtdorf explains that "small errors or minor drifts … can bring sorrowful consequences into our lives." I have also found the opposite to be true: A few degrees of correction or affirmative choice can produce incredible positive results! We have all experienced turning points in our lives that have resulted in fantastic outcomes. Often those turning points are as thin as the tin of a cupboard hinge, but the outcomes are as strong as the steel of an aircraft carrier deck hatch.

What impact on our lives can we make by making minor but calculated adjustments to our health and wellness, especially when doing so 3 months after making (and most likely breaking) our resolutions and goals to take better care of ourselves?

What impact on the life of a youth could we have by instilling in them decision making skills based on the For The Strength of Youth program?

How much warmth and comfort could be given by the simple decision to help support or sew "angel gowns" for people burying a stillborn child with the help of a charitable organization that organizes such a loving act?

One of my most favorite cartoon clips is a "Far Side" panel of a herd of sheep, with one member of the herd standing up, exclaiming, "Wait! Wait! We don't have to be just sheep!" The message I've taken from this is that we do not need to expend massive effort to make a huge difference

(Alma 37:6). This one sheep simply made a decision to stand up and become much more than his counterparts. We can do the same thing. Through simple positive course changes, "A matter of a few degrees…"

Thank you for your simple but impactful decision to read and support The Arizona Beehive Magazine.

Michael O'Brien
Publisher

The Arizona Beehive Magazine

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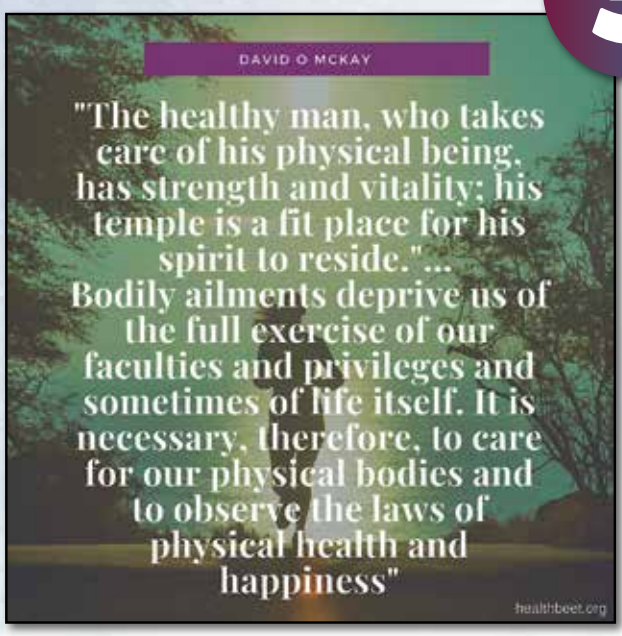
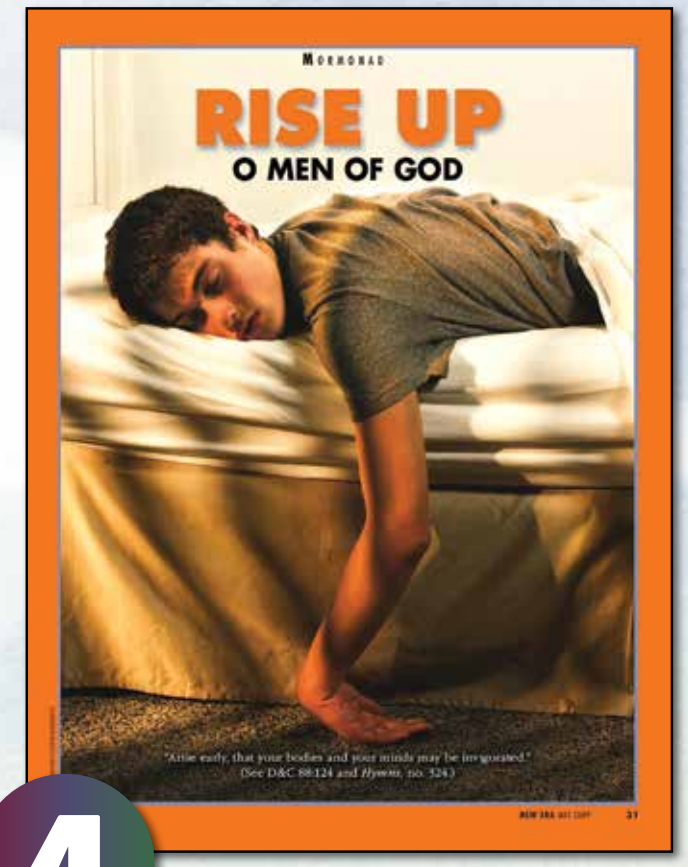

DAVID O MCKAY
"The healthy man, who takes care of his physical being, has strength and vitality; his temple is a fit place for his spirit to reside."... Bodily ailments deprive us of the full exercise of our faculties and privileges and sometimes of life itself. It is necessary, therefore, to care for our physical bodies and to observe the laws of physical health and happiness"
healthbeet.org

3 David O McKay LDS Quotes from Prophets

This one was hard to find where it originated. The records from David O McKay's time aren't as good as they are now. But BYU shared this quote on this page. Wellness matters. The quote reads: "The healthy man, who takes care of his physical being, has strength and vitality; his temple is a fit place for the spirit to reside...Bodily ailments deprive us of the full exercise of our faculties and privileges and sometimes of life itself. It is necessary, therefore, to care for our physical bodies and to observe the laws of physical health and happiness."



4 Rise Up Mormonad about sleep habits

I love healthy food and staying healthy, and sleep is a big part of that, and more relevant today than ever! Love this Mormonad, "Rise Up O men of God. Arise early, that your bodies and minds may be invigorated." D&C 88: 124

5 General Conference October 1990

President Monson gave an address titled, That We May Touch Heaven. This quote below has been mentioned in numerous manuals about physical health including the Strength of Youth. The quote is "Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, just as consistent scripture study and prayer strengthen the mind and spirit."

"Nutritious meals, regular exercise, and appropriate sleep are necessary for a strong body, just as consistent scripture study and prayer strengthen the mind and spirit"
THOMAS S. MONSON
healthbeet.org

6 Mormonad: Kick out the Junk

MORMONAD
BAM!
KICK OUT THE JUNK
"Eat nutritious food, exercise regularly, and get enough sleep. Practice balance and moderation in all aspects of your physical health."
(For the Strength of Youth [2011], 25.)

I love this one, and I have always loved mormonads! They are so clever. "Kick out the Junk. Eat nutritious food, exercise regularly, and get enough sleep. Practice balance and moderation in all aspects of your physical health."(For the Strength of Youth [2011], 25.)

Continued on pg. 7

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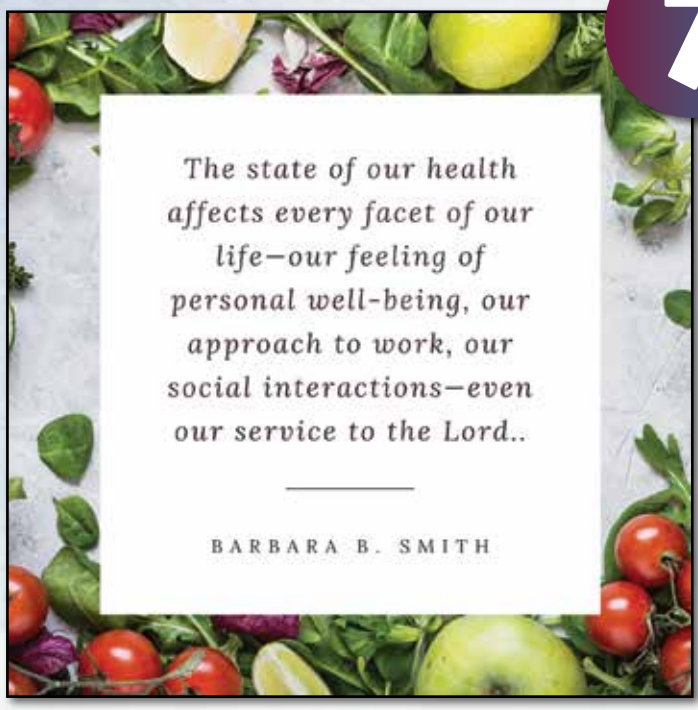
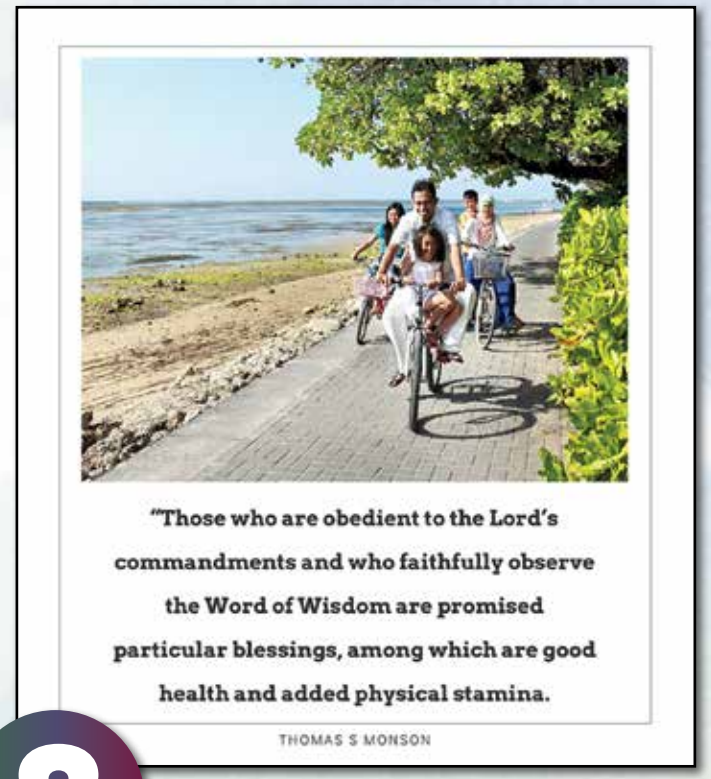

The state of our health affects every facet of our life—our feeling of personal well-being, our approach to work, our social interactions—even our service to the Lord..
BARBARA B. SMITH

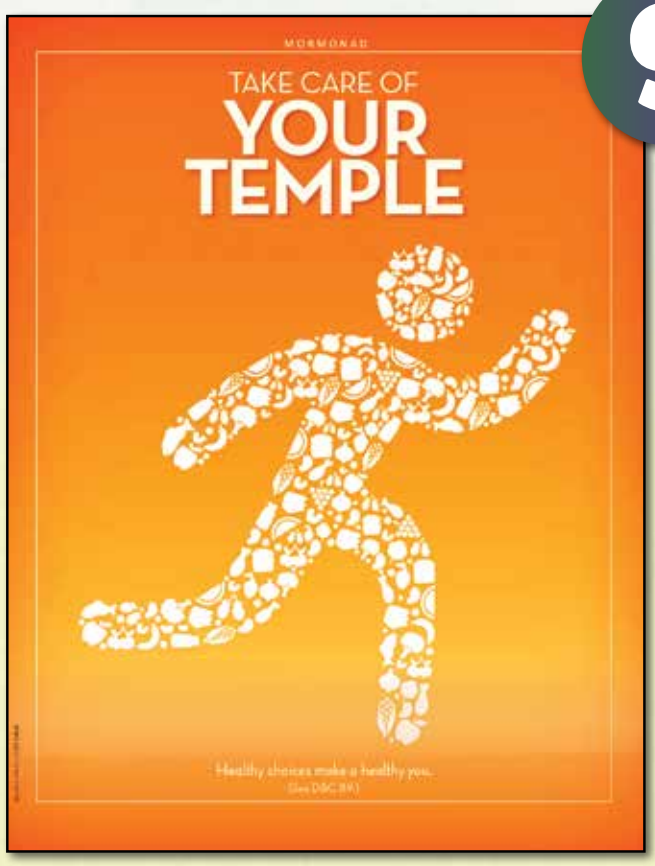
7 Barbara B. Smith, General Relief Society President

This talk should be required reading for all members of the church! I love her discussion about how being healthy gives you strength to do the Lord's work. *Good Health, A Key to Joyous Living*. LDS Conference Oct 1978. The quote is: "The state of our health affects every facet of our life- our feeling of personal well-being, our approach to work, our social interactions- even our service to the Lord."


"Those who are obedient to the Lord's commandments and who faithfully observe the Word of Wisdom are promised particular blessings, among which are good health and added physical stamina.
THOMAS S MONSON

8 Conference talk by Thomas S. Monson

Another excellent talk on physical health, *Principles and Promises* by Thomas S. Monson. October 2016 General conference. His quote is "Those who are obedient to the Lord's commandments and who faithfully observe the Word of Wisdom are promised particular blessings, among which are good health and added physical stamina."

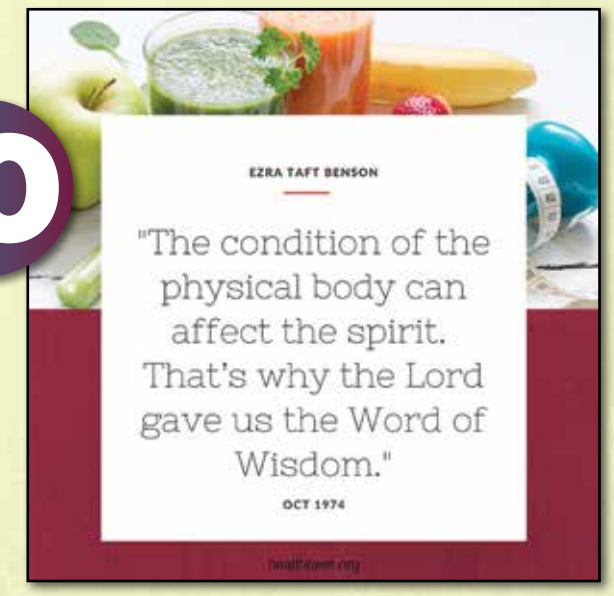


9 Mormonad Quote: Take Care of Your Temple

Simple yet effective, this mormonad quoted image is a person who is comprised of fruits and vegetables! Healthy food is indeed the Word of Wisdom in it's fullness.

10 Quote from Ezra Taft Benson

This quote was given in LDS General Conference October 1974 from President Ezra Taft Benson called *Do Not Despair.* FABULOUS talk! "The condition of the physical body can affect the spirit. That's why the Lord gave us the Word of Wisdom".


EZRA TAFT BENSON
"The condition of the physical body can affect the spirit. That's why the Lord gave us the Word of Wisdom."
OCT 1974

SO,

let's try to do a little more to be a little healthier. I know that as we do this, we will become more like Jesus Christ and be better able to serve in His kingdom!

Amy Roskelley, Bsc. MBA, ACE, AFPA, IAP, IPEis a health & fitness professional with a Bachelor of Science degree in Community Health from BYU. Masters of Business (University of Utah) Certified Personal Trainer (ACE), Certified Personal Chef (IAP), and Certified as a Nutrition & Wellness Consultant (AFPA), Certified Mind, Body, Eating Coach. (IPE)

She is the creator of many low-calorie recipes author of weight loss books. Mother of 3, runner, and NPC Fitness competitor. Read her blog at healthbeet.org.

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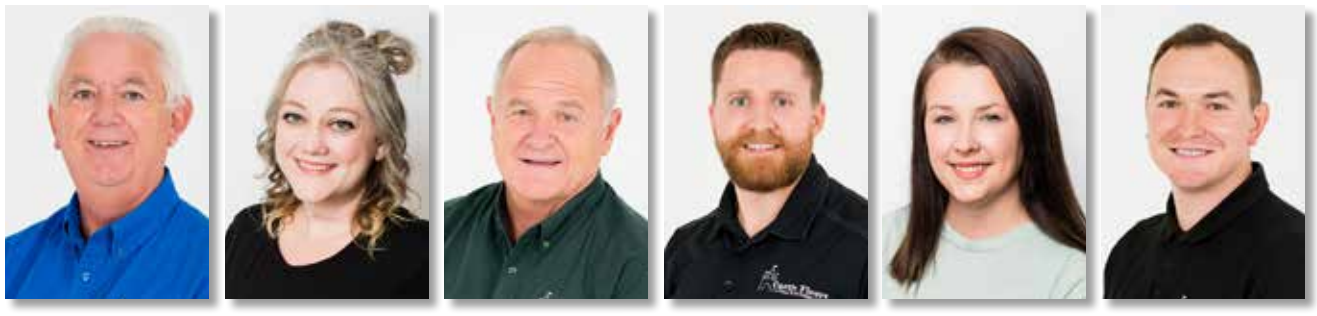

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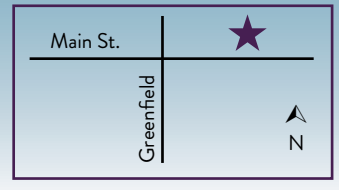

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H & H Honey

Keeping It Raw & Local

By Allison Beckert

Clay Harper with a hive. Photo by Clay Harper

Buying local and supporting local businesses benefits everyone. While it can be difficult to find quality local products that fit with your goals and lifestyle, especially finding small businesses, there's one here locally that has been serving local honey needs for years. H&H Honey is a local small business, founded and run by a couple of our own enterprising members. They work to bring the best of the bees' produce to their customers while juggling other career goals, serving in the church, and building their lives here in Arizona.

Honey's popularity tends to follow health trends with their rise and falls and fashions. It is, however, one of the few natural sweeteners with such a deep and symbolic history. H&H Honey blends the quality product of happy bees with the unique glory of local sources of the all-important nectar bees use to make it. With hives located in Central Arizona, their bees produce some beautiful mesquite, wildflower, and orange blossom honeys depending on the season. They also harvest and sell pollen for those who use it to preemptively treat allergy sensitivities, and beeswax, an ideal ingredient for homemade candles, balms, and cosmetics for hobbyists interested in buying local.

The business reflects the owners.

Photo by Clay Harper
Fresh honey varieties in the jar.

Clay Harper and Josh Heywood are a dynamic pair with a long history working together, and not just with bees. On their website, they share several stories from traveling the world for work and other life-shaping experiences. Clay's background is in software and business, while Josh is recognized as the more hands-on partner with clever fixes and a few extra practical skills. Both live and work in Arizona and are putting down some roots with family.

This honey is delicious! Good local honey is an investment in yourself. Nothing beats a drizzle of liquid sunshine on a fresh slice of bread. And for that, the wildflower honey can't be beat! As an ingredient for something special, like a tender honey cake, the orange blossom honey in its season is perfect. The floral, citrus notes play so well with a sweet cake or pastry. It wakes up the treat of blossom season all through the year. Additionally, the mesquite honey is one of the best for savory uses. A rack of tender BBQ ribs with mesquite honey in the sauce is mouthwatering! It adds a little dash of local personality to the flavor, courtesy of those industrious little bees.

You can order honey by the pint or quart, with flavors available seasonally. Watch for product releases and sign up for updates at http://www.handhhoney.com/

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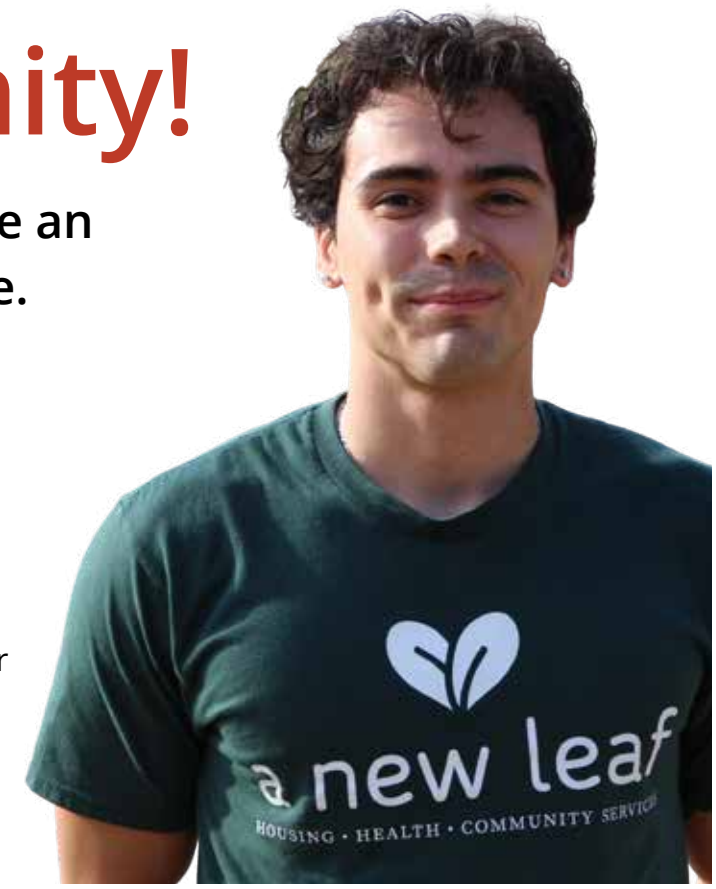

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It's Elementary, My Dear Student Teacher

Porter Elementary School Partners with BYU Idaho for Quality Education & Success

By Katherine Ogden

Porter Elementary School in Mesa, Arizona has developed a unique and mutually beneficial relationship with Brigham Young University-Idaho (BYU-I).

"There are some wonderful things going on at Porter Elementary," says Sue Cottle, the Area Coordinator for BYU-Idaho Student Teaching representative. "It's like a diamond in the rough that no one knows about. I tell our teacher candidates that Mesa is the 'whole package,' with great schools and mentors, plus supportive, knowledgeable principals. I also mention the over-the-top Institute programs and Young Single Adult wards to help them maintain a spiritual balance in their lives. I even mention the difference in climate, especially in winter!"

Twice a year, a virtual Meet and Greet is conducted where future teacher candidates visit with partnership principals in Arizona, Utah, and Texas. The principals explain what their schools have to offer candidates and why candidates should interview with them.

"It helps so much to have this great partnership and strong relationship with BYU-I," says Porter Elementary Principal Kathy Ray, "Right now, there's a teacher shortage. These teacher candidates come with a fresh point of view. Their goal is to help kids and they thrive in the 'little wins.' They're not in it for the money; they do it because they love kids. The teacher candidates add a lot of passion to their teaching and many of them tutor out of the goodness of their hearts."

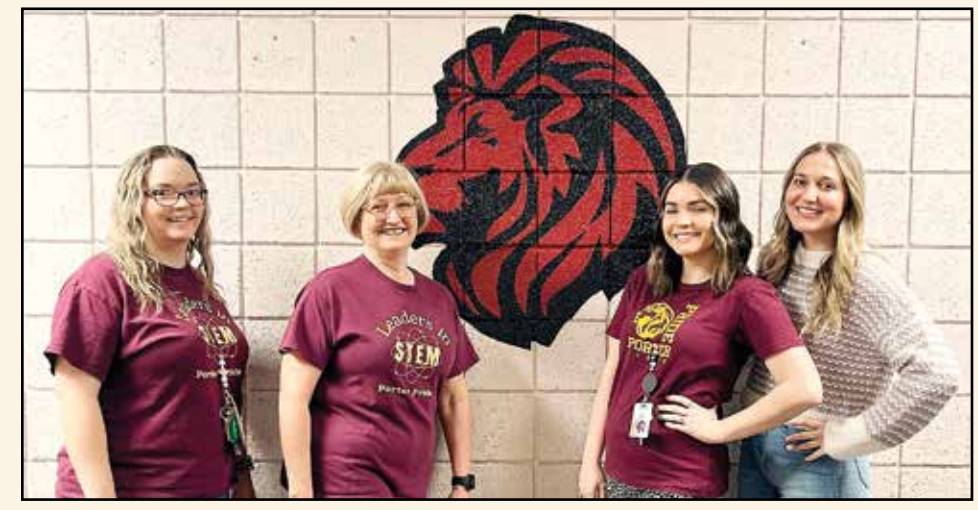
"BYU-I gives you such a good foundation and support system, for someone just starting out." says Kimberly Mangum, a 2nd grade teacher and former BYU-I teacher candidate.

"During our BYU-I candidate interviews, in February of 2021, I'd sat in on some Q & As with other candidates and Mesa Public School (MPS) district educators. Shortly after the interviewing process, I chose what district location I preferred and picked MPS as my top choice, based on the values and systems I connected with during that interview," says Kimberly. "After graduating in December, I applied to be a substitute teacher for MPS while waiting for my Idaho teaching certification to be completed, and did that for the remainder of the year. I was eventually offered a teaching position at Porter Elementary and was ecstatic to be hired at the school that taught

Continued on pg. 11

Photo by Kathy Ray

Ashlynn Lanier, student teacher from BYU-I, Kelsey Malen and Kaylan Ordyna, student teacher from BYU-I assigned to Ms. Malen's class.



Kimberly Mangum, Kathy Ray, Kelsey Malen and Kaylan Ordyna. Photo by Kathy Ray

Porter Elementary School. Photo by Robert Ogden

Two Worlds Together

Documentarian Recounts Strength of Women In Segregated Mesa

Photo by Tony Gutierrez

Documentarian Bruce Nelson with paintings of the two matriarchs of Washington Park.

By Tony Gutiérrez

Documentarian Bruce Nelson remembers his great aunt Minnie Briscoe refusing to leave the historically Black Mesa neighborhood of Washington Park in 1986 when the city was trying to gentrify the area.

"Our community was under siege. The city was gentrifying and trying to move everybody out. But the elders pushed back," recalls Nelson, who recounted the episode as a part of his exhibit "The Matriarchs of Washington Park," which will open at Arizona State University's Sidney Poitier New American Film School in March.

"I've been living here all these years. I'm not going anywhere. Just bury me right here," Nelson remembers his Aunt Minnie saying. "Three months later, they gave her the key to the city."

Nelson spoke to guests at the Mesa Temple Visitor's Center Feb. 4 as part of the center's "Heritage Series" coinciding with Black History Month in February. The historic neighborhood — now known as the Washington Escobedo Heritage Neighborhood — is located a few blocks north of the city's Temple Historic District.

Nelson developed the idea for the exhibit after he did another exhibit titled "Veterans of Washington-Escobedo Community."

"The men were quite phenomenal, but the women, the matriarchs, they ran everything. So, I thought, 'I need to pay homage to them,'" Nelson shared.

"These were the Matriarchs of Washington Park — women who persevered through racism and misogyny in the segregated community. They walked in faith. How else were they going to survive? How do you deal with that?"

Another matriarch, Veora Johnson, emphasized the importance of education. "She was in the neighborhood, which was good and not so good because on Sunday — day off — you'd see her, and she goes, 'You get your homework done, Bruce?'" he said. "She was always on education."

During his presentation, Nelson also shared anecdotes describing life growing up in segregated Mesa. He recalled his grandmother sending him to the corner store to get a half-bottle of Coca-Cola when he was 9. As he was grabbing the half-bottle, a white man looked at him and said, "Boy, what you doing? You know you better get one of the RC Colas. Colored people don't drink Coca-Cola." Fortunately, the owner took his money, even though he was caught off guard.

"I didn't say anything — I was aware enough not to say something," he said. "Growing up with that kind of stuff stays with you over time. It just sticks with you."

Even though he attended a segregated elementary school, Nelson would later discover that the reason why there was not a separate high school for Black students is because the school district couldn't afford to another high school.

For the exhibit, which he shared a part of during the presentation, he commissioned artists to paint the woman based on a photograph chosen by the family, then asked the families to write mini-biographies.

Jay and Alicia Kistor, a white couple from the Highland Ward in the Mountain View Stake in Mesa, attended with their African-American children 11-year-old Eli and 9-year-old Keandra, who attend Legacy Traditional School — Mesa.

"We need to know the history and all the obstacles that have been faced, especially in this area," said Alicia. "They deal with things still at school. It's just nice to hear other people overcoming racism."

Beth Coons, who attends the Fountain Ward, Mesa Central Stake, attended Westwood High School with Nelson and introduced the presentation.

"I learned a lot about the history of Mesa. Living here all my life, I didn't know some of that story," she said. "It's part of my history. It's part of the history of my community. I need to know that and remember it and acknowledge the contributions and the wonderful rich heritage that is here."

As president of Mesa Community College, Dr. Tammy Robinson, a Black woman, said it's important that presentations like Nelson's are available for people to continue learning, and she hopes to bring the exhibit to her campus.

"It's important for everyone to know the history of Mesa — especially our students — to know the transitions that have happened over time, the good, the bad, the ugly," said Dr. Robinson. "We can't grow as a nation if we can't talk about it, and we can't embrace the history."

Chuck Harvey, a member of the Vineyard Ward in the Maricopa Stake in Mesa, serves on the Church's statewide Communications Committee, which promoted the event. He also sits on the Mesa-East Valley MLK Committee.

"When I joined the Church, I joined a community that I grew up very different than. I grew up in a very diverse Black community — music was different, the culture was different," said Harvey. "It's great to see us embracing and hearing stories from people like Bruce to finally bring our two worlds together. It's very special and very incredible to me."

Photo by Tony Gutierrez

Porter Elementary School & BYU-I
Continued from pg. 10

me so much about classroom management, and what a school family can be like. I've loved working at Porter and enjoy my 2nd grade class with my whole heart."

Porter Elementary incorporates several programs that have helped them win awards in excellence, such as their STEM program, PBIS (Positive Behavior Intervention Supports), AVID (Advancement Via Individual Determination, a college readiness program), Thinking Maps thought process system, and art classes.

"What I really love about Porter Elementary is the staff and the support I've experienced on campus," says Kelsey Malen, a 2nd grade teacher and former teacher candidate. "I also really enjoy the demographics here, as I get to work with different families, cultures and backgrounds."

Porter Elementary School is located at 1350 S. Lindsay Rd, Mesa, AZ and can be reached at 480-472-6700.

COPPER CANYON LAW
Local, Professional Advocates

By Emily Jex Boyle

At different times and seasons of life, we need someone willing to go to bat for us. In situations requiring a professional advocate, there is wisdom in seeking individuals who are capable, trustworthy and well-rounded.

Copper Canyon Law is located in the historic downtown district of Mesa. According to the website, it is "a client-focused law firm that takes a modern approach to the practice of law." The focus and mission of the firm is, "creating great working relationships with our clients and using our knowledge and skills to provide the best possible results for our clients."

Founded six years ago by Cody Huffaker, CJ Eagar and Kyle Cramer, Copper Canyon Law continues to grow. Since its founding, the firm has welcomed two more owners, Alan Christenson and Ryan Sandstrom. Eight more attorneys have also joined the firm since its founding: Brian Fillmore, Norman Blakey, Stacy Skankey, Peggy Woodard, Taylor Barlow, Juan Godinez, Joshua Kalanick, Marilyn Kitt, and Neil Udulutch.

When asked about their decision to open the firm in 2017, Cramer explains, "We wanted control over the quality of services we provide to clients. From the beginning," Cramer continues, "the goal was to build a firm in which attorneys could develop their own practices with their unique specialties and preferences." This approach allowed them to have commonality in the operating aspect of the company and individuality in the various professional specialties offered by each attorney. Copper Canyon Law Firm offers practical, professional support to its clients with estate planning, probate, real estate and business transactions, tax or bankruptcy, personal injury, and litigation. Cramer's team, which focuses on tax and bankruptcy matters, recently settled an IRS tax case of approximately $130,000 for less than $7,000.

It doesn't take long to notice that this firm is different. Michelle Smith, office manager says, "I absolutely love working for Copper Canyon Law. This office has one of the best cultures, they encourage teamwork, learning, support, kindness and laughter." Some lawyers describe working in other firms where leaving at seven o'clock in the evening

Continued on pg. 22

Photo courtesy of Kyle Cramer

Founded in 2017 by Cody Huffaker, CJ Eagar and Kyle Cramer, Copper Canyon Law continues to grow. Since its founding, the firm has welcomed two more owners, Alan Christenson and Ryan Sandstrom. Eight more attorneys have also joined the firm since its founding: Brian Fillmore, Norman Blakey, Stacy Skankey, Peggy Woodard, Taylor Barlow, Juan Godinez, Joshua Kalanick, Marilyn Kitt, and Neil Udulutch.

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THE GOSPEL IN A WORD

Draw, Draught, Draft

Emily Jex Boyle

Recently, our bishop shared an account in the New Testament of a ponderous exchange between Jesus and Peter on the sea of Galilee. Our bishop invited us to find ourselves in the story.

Following an unsuccessful night of fishing, Peter and others were cleaning their nets. Jesus asked to use Peter's boat to speak to a crowd gathered on the seaside. Following his sermon, Jesus invites Peter, "Launch out into the deep, and let down your nets for a draught." Peter, an experienced fisherman, humbly responds to the Carpenter, "We have toiled all night and have taken nothing: nevertheless, at thy word I will let down the net."

He faithfully follows the Lord's counsel, launching into the deep, casting out his net. He draws in the net; it fills with an overwhelming amount of fish and begins to break. Reinforcements are called, between two boats the miraculous harvest nearly sinks both. Overcome, Peter falls at the Savior's feet.

For me, the imagery of the word *draught* drew me in most.

In its etymology, the word *draught* or, its American counterpart, *draft* is, according to Merriam-Webster, tied to the verb *to draw.* This verb is seen but perhaps less appreciated for its depth in life and scripture.

Every day, children draw with crayons. Architects draw up plans, lab technicians draw blood and analysts draw conclusions. Students write, rewrite rough drafts and discuss draft picks. Draft horses pull heavy loads. Off any coastline, billowy sails on boats draw, filling with wind causing accelerated movement. A parent wraps their infant in a blanket when there's a draught of cool air. To answer our thirst, a draught of water. We breathe, taking in countless draughts of air.

Noël Wood, Clinical Mental Health Counselor specializing in Mindfulness and Meditation teaches, "Every time we choose to breathe, we choose to live. To breathe is to relieve stress. When we take deep breaths, it activates our rest and relaxation. Breathing is life."

To draw seems to beautifully express both individual and divine will. Examples of the verb seem to manifest a core element of our relationship with the Divine, both as a giver and as receiver. It demonstrates Heaven's matchless love standing forever ready to reach and be reached.

The scriptures are full of accounts where this verb is used. "Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me." (Doctrine and Covenants 88:63) Isaiah prophesies, "with joy shall ye draw water out of the wells of salvation." (Isaiah 12:3) In the account of the First Vision, Jesus

Continued on pg. 22

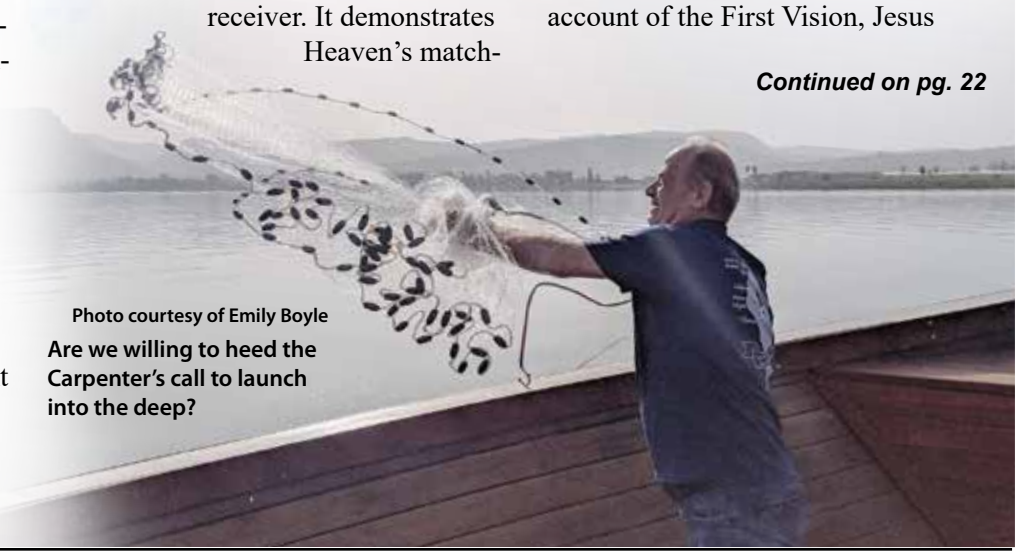

Photo courtesy of Emily Boyle

Are we willing to heed the Carpenter's call to launch into the deep?

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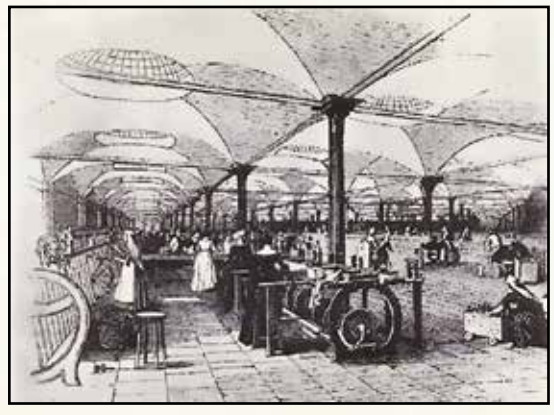
The Dash Between The Numbers

By Lynne Tolman

Stories are the bridges that connect the past to the present. Many of our ancestors lived before there were cameras and before they could read or write. In the case of these ancestors how do we come to know them without photos, stories or verbal histories?

Sophia Malkin Green was born in Yorkshire, England in 1837 and none of these things were present for her. This, information was taken from a birth record which also shows the names of her parents. We now have a start for her story. We look at other historical documents such as a marriage record, death record and census records for additional information.

By searching through each of these records we uncover details about her life. Multiple censes lists the names and ages of her and her family members. There are a couple of gaps so we search for missing children. We find 13 in all. We also look at historical records to find out facts about flax mills. Now let's put it together to get a readable history.



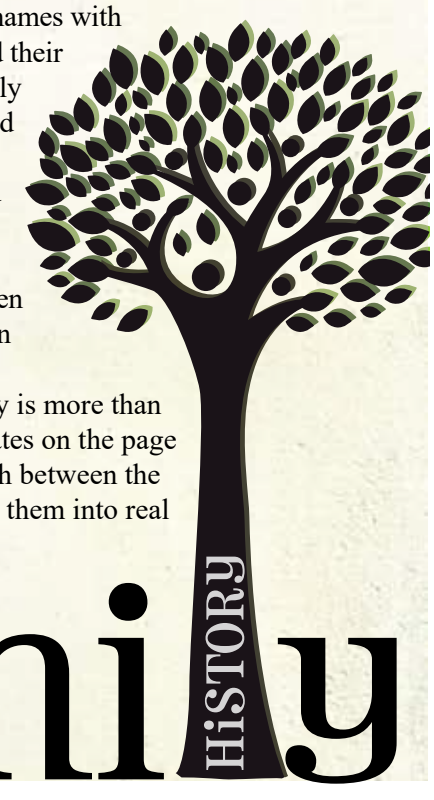
Nineteenth century flax mill.

Sophia Malkin Green was born on August 25, 1837 in Leeds, Yorkshire, England to James Green and Mary Malkin. She was the oldest of four children. They lived in an area called Bank. This was kind of like a little subdivision. Her father was listed as a "Stuff Weaver" on her birth certificate. This meant that he wove stuff which was the coarse part of flax. So, he worked in a flax mill. In the 1851 census Sophia is 14 years of age and has a job in a flax mill as a doffer, which meant she unloaded the full bobbins from the flax machines.

It was not easy work in the flax mills. Employees at Temple Works worked 72 hours a week, 40% of the people employed by Marshall were young women aged thirteen to twenty, and about 20% were under thirteen. Conditions in the flax mills of that era were extremely hot and humid because of the number of workers and the fact that humid conditions made the flax easier to work. Safety was not cared about or thought much of because they had plenty more workers if someone was injured or killed.

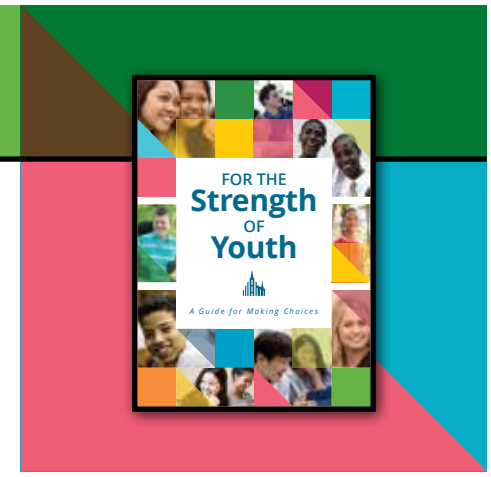
On July 10 1858 Sophia married at the age of 22 to a man named George Bray who was 23. It lists her as a spinster at this time. He is listed as a bachelor. They both lived on Zion Street so that is possibly where they met. He is listed as a mechanic on this record. It shows that neither one of them could write as they signed their names with an X. They started their large family on July 28, 1858. They had thirteen children between 1858 and 1881. They lost two of these precious children when they were less than two years of age.

Family History is more than just names and dates on the page it is about the dash between the numbers that turn them into real life living people.



Family

Helping Youth To Make Inspired Choices



By Allison Beckert

Decisions come in all sizes. Small daily decisions that set good habits. Immediate urgent decisions for safety and defense. Long term decisions that need to be revisited and given thought before proceeding at key points. The *For the Strength of Youth* program emphasizes the importance of making inspired decisions. In supporting the young people in your life, here are a few principles to support them in the variety of decisions that will come their way.

The Gift of the Holy Ghost Persists: Having received the Gift of the Holy Ghost after baptism, we as members are always aided by the guidance of inspiration. This gift is not revoked due to garden variety disobedience or distraction. Repentance and righteous living make it easier to hear the Spirit. Youth in the Church can come to think that they'll lose the support of the Spirit due to small lapses. Knowing the Spirit's guidance is a gift that persists, and can be felt especially in times of need, it will ensure they turn to this resource when decisions are crucial and immediate.

Employing Critical Thinking Skills: The glory of God is intelligence. And knowledge is a treasure of the soul. When decisions come up, knowledge about the problem, possibilities, and resources can turn an overwhelming question into something

Gerd Altmann from Pixabay

Feet and directions to choose.

far less intimidating. As not all resources are created equal, one of the most valuable skills our youth should have is critical thinking. Question the sources of information. Are they from a reliable source? Are they backed with science and facts? What are other people saying about this information and should it be taken with caution? With endless resources, and usually very loud proponents of each with large budgets and advertising, some critical thinking skills and the Spirit to discern will go a very long way.

Making Decisions While Considering Consequences: All decisions come with consequences, and poor consequences or big outcomes can be extremely intimidating when practicing decision making. If your youth is reluctant to make decisions, it could be they fear the consequences, or being criticized for the decision they go with. Since a natural part of deciding a path is consequences, model and teach how to work through consequences rather than avoid them altogether. They will absolutely make decisions you as their parent, friend, or youth leader would not. And they'll continue to do so, so handling consequences is just as valuable a skill to share as making those initial decisions.

Girl at a crossroads. Pixource from Pixabay

When a big decision comes up, a change or a milestone, it's alright to be nervous or doubt until action is taken. Being nervous is not a weakness, for youth or when we're grown. Faith is proceeding with our inspired decisions knowing God is with us.

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Self Reliance

For the power is in them wherein they are agents unto themselves.
~ D&C 58:28

By Nancy Rasmussen

Accessing Resources for Family & Personal Preparedness

Since the early years of the Church of Jesus Christ of Latter-day Saints, leaders have encouraged members and others to prepare for emergencies and other challenging times. In Doctrine and Covenants 38:30 we are reminded that, "If ye are prepared, ye shall not fear."

While national and international events may cause anxiety and fear, following the counsel to "prepare every needful thing" is the surest way to combat negative emotions. Both the Church and the federal government offer myriad resources with guides to create effective personal and family preparedness plans.

Churchofjesuschrist.org

Brigham Young instructed the Saints, "Instead of searching after what the Lord is going to do for us, let us inquire what we can do for ourselves." (*Discourses of Brigham Young,* sel. John A. Widtsoe, Salt Lake City: Deseret Book Co., 1978, p. 293.)

Preparation is necessary in many areas, including financial, home storage and food production, emotional preparedness, and emergency planning. If we have these plans in place, we can be prepared when unexpected challenges occur.

Preparing for emergencies can help us feel more secure and can help us stay safe when a disaster or unexpected event occurs.

Under the Life Help section on the Church website click on the "Tips for Making an Emergency Plan" link to find the basics of creating your own plan. Look for the Personal and Family Emergency Preparedness Planning Guide for useful suggestions and forms.

Preparing for emergencies can help us feel more secure and can help us stay safe when a disaster or unexpected event occurs.

Federal Emergency Management Agency

Plan today using FEMA's Ready.gov website. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

- **STEP 1: Put a plan together**. Discuss questions with your family, friends or household to start your emergency plan.
- **STEP 2: Consider specific needs in your household.** Tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance.
- **STEP 3: Create a Family Emergency Plan.** Make a Family Emergency Plan quickly and easily with our fillable form.
- **STEP 4: Practice your plan with your family/household.**

Preparation is necessary in many areas, including financial, home storage and food production, emotional preparedness, and emergency planning. If we have these plans in place, we can be prepared when challenges occur.

In October 1991, Elder L. Tom Perry shared his thoughts on self-reliance.

"The Lord does help when we go to Him in times of need, especially when we are committed to His work and respond to His will. But the Lord only helps those who are willing to help themselves. He expects His children to be self-reliant to the degree they can be."

Note: *The Ready.Gov website offers various downloadable preparedness resources.*

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Simulation Puts First Responders in the Shoes of People with Dementia

Photo courtesy of Hospice of the Valley

Queen Creek Fire and Medical Station No. 4 found the training to be valuable and enlightening.

By Lin Sue Flood

It's not easy to rattle a firefighter. But that's exactly what Hospice of the Valley did to a roomful of first responders who signed up for a training exercise in Queen Creek.

The 8-minute experience, called Dementia Moments, simulates the daily challenges facing people living with Alzheimer's disease and other dementias.

"Brain changes caused by dementia make it difficult for people to understand, process and respond to the world around them," said Kobie Chapman, a dementia educator with Hospice of the Valley. "We are out here with Queen Creek Fire and Medical to equip them with the tools they need to understand what that's like. And we do it with this little blue bag."

Firefighters unpacked the bags and put on glasses with coated lenses to simulate cataracts and central vision loss. They donned gloves to mimic arthritis, neuropathy or sensory sensitivity; and wore headphones blaring loud and confusing noises, while trying to follow vague instructions to button a shirt, sort coins, write their names and put a belt on a pair of trousers.

Three minutes in, the calm in the room is replaced by chaos and confusion. A few are laughing as they struggle to follow the prompts. Others are clearly frustrated and voicing it. "This is ridiculous," whispers one. "What are we supposed to do with these clothes?" another asks his partner, who is just as lost.

"There was a lot going on and it was hard to focus on the task that was given," said firefighter Peter Minder. "I definitely will relate to dementia patients better after being in their situation, in a sense."

"Sometimes when you go on calls, it's hard because we're not understanding what's going on with people who have dementia," added Engineer Katie Athey. "So, this helps us get a better understanding."

Captain Jason Mertlich couldn't hear or follow the instructions that were given but rode it out, knowing it would all be over soon. "This was a task I was doing for a short period of time, but if this was something that was going to last, it would be very stressful."

For first responders who are walking into crisis situations where emotions are high, it's absolutely critical that they know or recognize when someone has dementia and is communicating differently.

"Short-term memory isn't there, so people with dementia may forget you are standing behind them," Kobie explained. "If you startle them by approaching from behind, you could create an unsafe situation with someone who is already combative or agitated. You could get punched."

Firefighter Jason Pridie wasn't sure what to expect when he signed up for the training, but believes it will make him more empathetic going forward. "To have that little bit of understanding of what they might be feeling will help me take it slow, show a little more patience and approach things differently."

Fire Station #4 was grateful for this eye-opening experience that will help them approach difficult situations from the perspective of someone living with dementia. As Peter put it, "Time is of the essence and everything we learn today is going to help us deliver the best emergency care as fast as possible."

To schedule a Dementia Moments presentation, call Hospice of the Valley's Dementia Care and Education Campus at (602) 767-8300 or visit dementiacampus.org

Photo courtesy of Hospice of the Valley

Firefighters struggle to make sense of their surroundings, just as people with dementia do. Simulation puts first responders in the shoes of people with dementia.

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Come Follow Me

This article supports the readings in the manual titled *"Come, Follow Me—For Individuals and Families"* scheduled in March and April, 2023, comprising several chapters of Matthew, Mark, Luke and John in the Bible.

By Robin Finlinson

Dividing the Waters

The Living Water of Christ and the Deadly Water of the Adversary

At the beginning of the Creation, under Heavenly Father's direction, Jesus Christ divided light from darkness. His next action was dividing the waters (Genesis 1:6). Between approximately sea level and the clouds, mankind was given space for passing through earth life.

Water—required for our survival—descends from above, down mountain streams, taking along earth particles, into rivers, lakes and oceans.

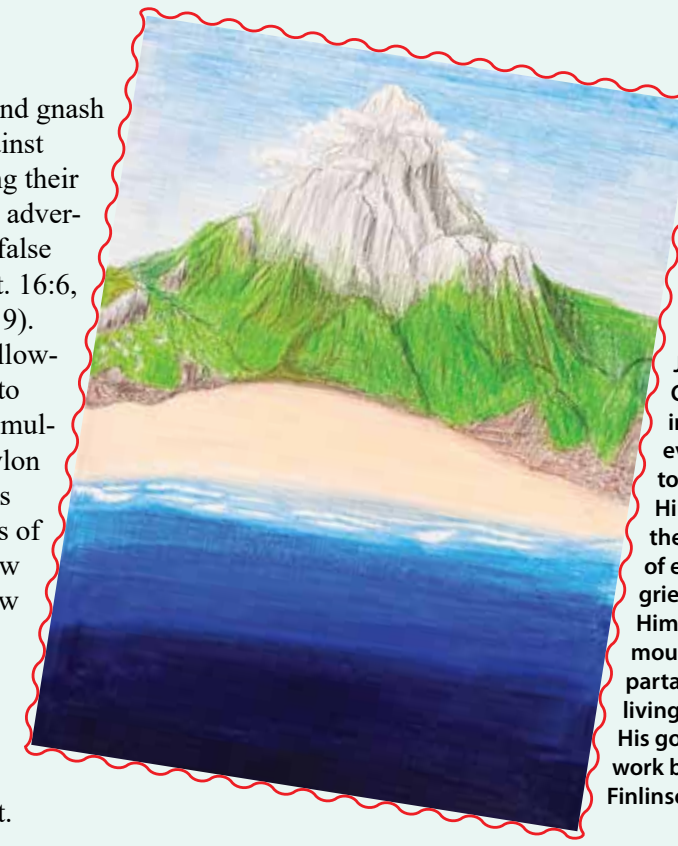
Since the salt content of ocean water is around 35 times that of fresh water, it's toxic to humans when more than a small amount is ingested. It overwhelms the kidneys—the body's filters—and they succumb.

But as surface water evaporates into the sky, only the H2O molecules rise—distilled or purified. Minerals remain below. (Caveat: the molecules attract other impurities and need further distillation before being ready to drink.)

Let's recall another division of waters. What was Moses instructed by the Lord to do after dividing the Red Sea and making space for the spiritually-parched people to pass through—away from the polluted earthly teachings in Egypt that had been drowning them? He was to lead them up a mountain, teach them about the Lord, and renew their covenant with Him. He is the Source of living water and could heal, replenish and purify them (Exodus 3:12;14:21, 22; John 4:7-14; 7:37, 38).

Sometimes in the scriptures the word "sea" represents a multitude of people (Isaiah 11:9; 57:20; Matt. 13:47). The parable of the wheat and tares is a tale of two seas (Matt. 13:24-30). The Lord allows the toxic tares to grow for a while among His wheat. But when the wheat is strong and the tares are ripe for destruction, the sifting begins. Those who cherish the living water of Christ—referring to Him and His teachings—are divided from those who despise and gnash their teeth against them, clutching their buckets of the adversary's deadly false doctrine (Matt. 16:6, 12; Mark 7:7, 9).

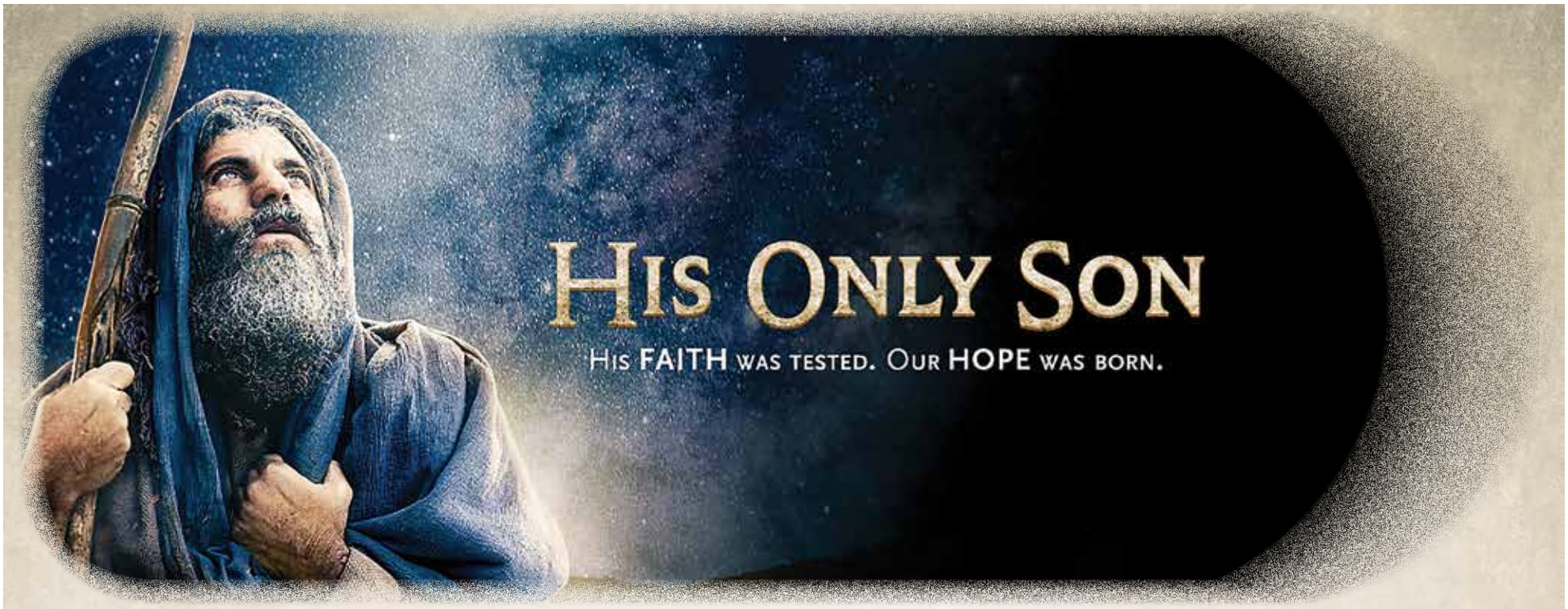
Christ's followers are called to wade into the multitude of Babylon as His servants and be "fishers of men"—to show the willing how to spiritually go out of or divide themselves from its murky precepts (Matt. 4:18-20).



Jesus Christ invites everyone to arise with Him from the abyss of error and grief, join Him on the mountain, and partake of the living water of His gospel. Artwork by Tanner Finlinson, age 15

Though we may be asked merely to dip our feet in, then sit more securely in a boat, Jesus Christ plunged to the nadir—the lowest point of the dark, crushing abyss—below what any suffering soul could ever reach. Its horrors are known only to Him. Atoning vicariously for every sin, He learned how it feels to be engorged with hatred, as the worst abusers are. Fastening on the constricting agony of the abused, He understood their plea for relief. He still understands. He suffered each species of pain in its most acute form, so He could get down to every individual who would accept His rescuing hands.

The Savior invites all to arise with Him from the abyss that only He can overcome and join Him on the mountain, in His bright, holy house, to receive a profusion of pure doctrine. And when the earth completes its transformative cycle, having been prepared for the redeemed's celestial habitation with the Father and the Son, it will be "like unto crystal"—a brilliant "sea of glass" (D&C 77:1, 2; 130:7-9).



Angel Studios Brings Production to the Valley

By RuthAnn Hogue

If you have an internet connection or a smart phone, chances are you've tuned in at least once to watch Angel Studios' breakout hit video series The Chosen depicting the life of Christ.

This Easter season, the independent studio is treating Arizona-based fans of *The Chosen* to a theatrical release of the independently produced feature film *His Only Son*.

Brought to the valley by Angel Studios, the movie recounting Abraham's test of faith opens March 30 in 21 local theaters.

It's no coincidence that the release of the cinematic portrayal of Abraham's three-day journey documented in Genesis 22 coincides with the world's celebration of the sacrifice and resurrection of the scripture's greatest Only Son, Jesus Christ.

That's the way Angel Studios wanted it, said debut feature film writer and director David Helling.

The trailer for the 96-minute film first appeared on YouTube two years ago (https://www.youtube.com/watch?v=zo2V5CQMuJw&t=1s). Since then, it has been viewed nearly 30,000 times.

The film has been in the works since long before anyone ever tuned in to watch the crowd-funded production of *The Chosen.*

Helling recently announced on his YouTube channel the opportunity to participate in a theatrical partnership by investing in the film—just like fans have done for "The Chosen." Details on how to get involved in crowdfunding are now also available at angel.com/son.

"I put my life into this feature film, *His Only Son*," Helling says in the partnership video. "With all the writing, casting, sewing costumes, scouting locations, directing and editing, and spending much of the COVID-era building miniatures and (working) away on over 325 visual-effects shots, it has often felt like this day would never come.

"Yet here we are. The film is done. Far later than I imagined, but all in the Lord's perfect timing."

His Only Son stars Nicolas Mouad as Abraham. His IMdb profile notes that the actor is well-known among Arab audiences in Lebanon and Egypt and also works in the United States.

Sara Seyed, who plays Sara, appeared in the action movie *Black Warrant* in 2022 and in the 2020 Netflix series *Young Wallander*, her IMdb profile states.

Helling cast Edaan Moskowitz for the role of Isaac. The young actor has previously appeared in a few short films and one television series.

At press time, *His Only Son* was scheduled to run March 30 through April 5, 2023 in theaters including AMC Ahwatukee; Cinemark Mesa 16; Harkins Chandler Fashion 20, Arizona Mills 18 with IMAX, Casa Grande, Chandler Crossroads 12, Queen Creek 14, San Tan Village 16, Scottsdale 101 14, Shea 14, Superstition Springs 25, Tempe Marketplace 16; Regal Gilbert; and many more.

Opening weekend ticket sales could result in additional days in local theaters, possibly extending the Arizona run past Aril 5th. Check back often for more locations and showtimes at angel.com/son as show dates, times and locations change based on local ticket sales.

Bringing Israel to You

Learning About the Passover

WITH DANIEL RONA

By Valerie Steimle

As the season of Spring blooms this year, we are reminded of the Savior's sacrifice for us with the celebration of Easter. We are also reminded of another blessing from God from long ago with the celebration of Passover. This year, Passover for the Jewish convert members of The Church of Jesus Christ of Latter-day Saint Organization, B'nai (B-nay) Shalom will be very special.

The Mesa chapter of B'nai Shalom has invited Daniel Rona, from Jerusalem who is also a convert to The Church of Jesus Christ of Latter-day Saints, to present a special "Passover Seder (say-der) Dinner" Wednesday, March 29, 2023 at 6:00pm to 8:30pm to all members and guests of the Phoenix, Arizona area. This special Seder Highlight and Meal will be held at the Lehi Stake Center, 1430 North Grand, Mesa.

Brother Rona travels great distances to speak to Latter-day Saints, and their friends about the Savior, his bond with the people of Judah and Joseph and answers the question, "How are Passover and Easter Connected?" There are many people who may not have the opportunity to visit the Holy Land, so, by sharing his Jewish – LDS insights, Brother Rona will bring Israel to you. Brother Rona's love for the Savior and the spirit of His homeland, will be felt by everyone as he enthusiastically shares knowledge, humor, and warmth with all those who attend this fireside.

Brother Rona will teach about the land, the culture, the language and most importantly, brings us closer to the Savior and to the bridge connecting the ancient Holy Land with the new Promised Land. During the explanations of "The Meal, Fit-for-a-King," Brother Rona uses scriptures and scriptural patterns to enlighten the plan our Father in Heaven has for his children. You will see a live video-feed of Jerusalem. You'll discover how many things point to the meridian of times and to the Savior. In ancient times until today, the Children of Judah look forward to their Redeemer. Today, the Children of Joseph remember their Redeemer and look forward to His imminent return. This is always a comfortable and heart-touching occasion for non-member friends.

To join this wonderful occasion, you must sign up with the Sign-Up Genius website at https://www.signupgenius.com/go/10c094bafa723aafec61-passover#/

Scan this code with your camera phone to sign up to attend this event.

For more information please email valeriesteimle@yahoo.com

Daniel Rona is Director of the *Ensign Foundation,* assisting the people of Israel to restore their identity. He was the first LDS licensed Tour Guide in Israel and has been leading tours for more than 40 years. He's the author of 6 books and TV movies about the people and their religions in Israel. He and his wife, Marilyn, have been service missionaries in the Church History Department in Salt Lake City since 2013, writing the LDS histories of countries where the Church is established. Sister Rona was Israel's Church historian for 20-years.

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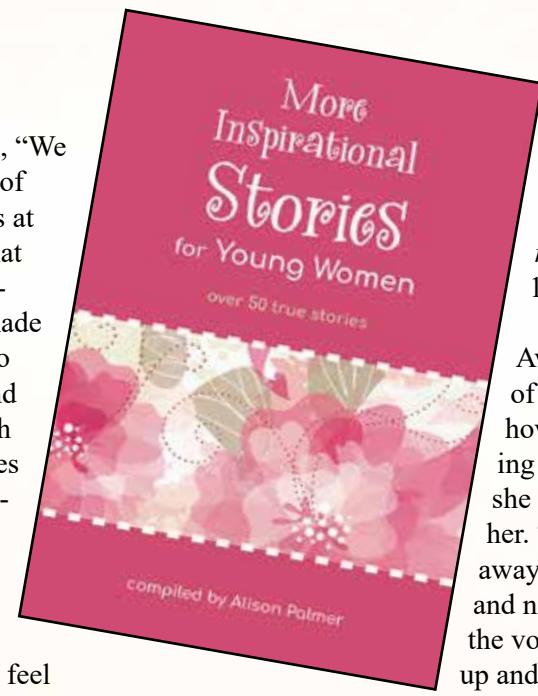
Need Inspiration?

Read More Inspirational Stories for Young Women!

Beehive BOOK REVIEW

By Cindy R. Williams



This newly released book has 50 true stories by Latter-day Saint women from around the world. These stories include life experiences to inspire, strengthen testimonies and create understanding and encouragement to help readers see "your limitless potential as a daughter of God."

Read about "Kiss the Frog", "Find a Different Way", "I Look for Butterflies," "Don't Give Up", "My Biggest Bully", "I Didn't See Any Ogres" and others.

In "I Look for Butterflies," Avery Foulger of West Jordan, Utah says that while at camp, the girls ran an obstacle course that grew in difficulty. One of the leaders shared that "Whenever you see a butterfly it means that Jesus loves you." Foulger continues, "We saw a lot of butterflies at camp! That simple reminder made it easier to understand how much Jesus loves us personally. Every time I see a butterfly now, I feel closer to God. I feel that He is my Friend."

Foulger also quotes, *"Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatever I command you.* —John 15:13-14."

Another story "Walk Away", by Sally O'Keefe of Pocatello, Idaho, shares how while at work checking for a leak in a deep fryer, she heard a voice, warning her. "Sally, stand up and walk away." After looking around and not seeing anyone nearby, the voice repeated, "Sally, stand up and walk away." This time she thought someone was hiding and pranking her. Sally stood up and walked away to search for the owner of the voice. Looking back, she saw flames shooting out of the fryer, just where she had been kneeling. She realized the voice had come from the Holy Ghost and this had been a miracle that protected her from being burned.

O'Keefe quotes "*I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.* —Psalm 91:2"

The book has been compiled by Alison Palmer of Thatcher, Arizona, a caregiver, entrepreneur, and writer with multiple callings in the Young Women's program.

More Inspirational Stories for Young Women is available at LDS books stores and on Amazon.

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What's Cooking?

By The Arizona Beehive Magazine

MOLTEN CHOCOLATE CAKE WITH WHITE CHOCOLATE CREAM

These rich cakes will rise beautifully as they bake, almost like a soufflé. Once they are removed from the oven they will slowly deflate. So, serve them shortly after removing them from the oven. Because these cakes are quite rich, serving them with vanilla ice cream or with a soft whipped cream is highly recommended. But if you really love chocolate, drizzle the white chocolate cream sauce over the cake and ice cream.

CREAM INGREDIENTS

- 2 c heavy cream
- 8 oz white chocolate, chopped

CREAM INSTRUCTIONS

STEP 1: Heat the cream in a saucepan until boiling.

STEP 2: Place the chopped chocolate in a bowl.

STEP 3: Whisking well, pour the hot cream over the chocolate to melt it.

STEP 4: Cover and chill overnight. The next day, whip it up like whipped cream until soft peaks. Place a dollop of it on the cake before serving.

CAKE INGREDIENTS

- 4 oz Bittersweet or Semisweet
- Chocolate, chopped
- ½ c unsalted butter
- 1 T Brandy
- 2 large eggs
- 2 large yolks
- ½ c granulated sugar
- 1 t vanilla
- 1 t instant espresso, decaf
- ½ t salt
- 1 c all-purpose flour

CAKE INSTRUCTIONS

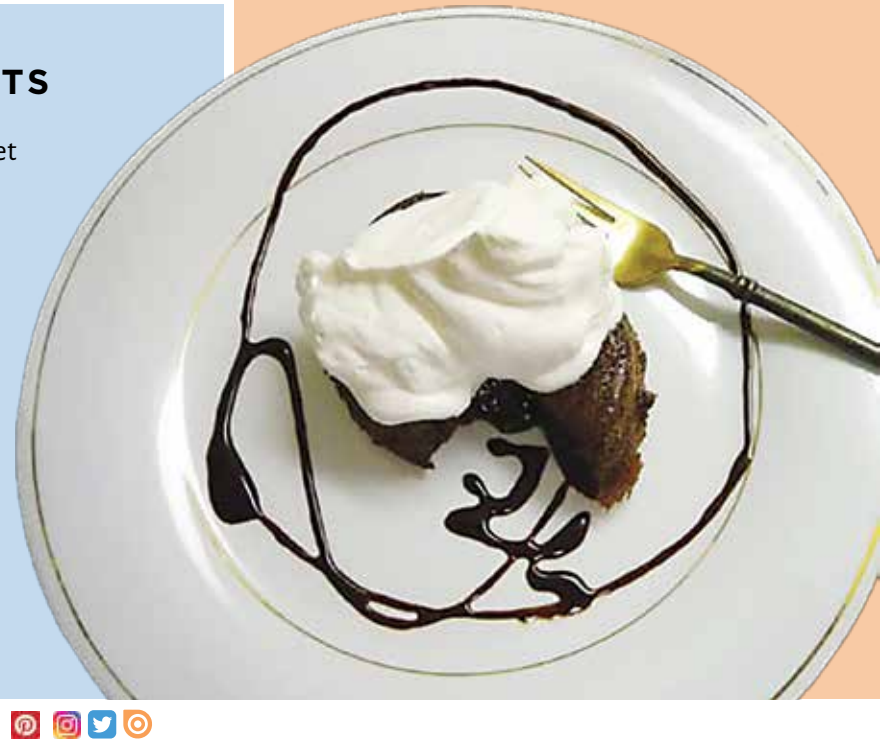
STEP 1: Generously butter four ¾ c soufflé dishes, custard cups or ramekins. Arrange on baking sheet. Stir chocolate and butter in heavy small saucepan over low heat until smooth. Remove from heat. Stir in brandy. Cool 10 minutes, stirring occasionally.

STEP 2: Using an electric mixer, beat eggs, yolks, sugar, vanilla, 1 t decaffeinated instant espresso and salt in a medium bowl until a very thick ribbon falls when beaters are lifted, usually after about 6 minutes. Sift flour over batter. Fold in flour. Fold in chocolate mixture. Divide batter among dishes, filling completely. (These can be made 1 day ahead. Cover loosely and refrigerate. Let stand at room temperature 30 minutes before baking.)

STEP 3: Preheat oven to 400˚ F. Bake cakes for 10 to 15 minutes or until tops are puffed and the outside edges of the cakes are set but the middle still looks a little wet. A toothpick inserted into center should come out with a moist batter still attached. You may have cracks on the top surface of the cakes. Cool cakes 5 minutes.

STEP 4: Immediately remove from oven and let them rest for a minute or two. Run a sharp knife around the edge of each cake and then invert onto the center of each serving plate. Carefully remove the mold.

SERVE: Place a dollop of vanilla ice cream or the softly whipped cream *(see recipe at left)* on top of each warm cake. If desired, dust the top of each cake with confectioners sugar.



Copper Canyon Law

Continued from pg. 12

Photo courtesy of Kyle Cramer

Copper Canyon Law is located in the historic downtown district of Mesa.

draws questioning looks from their partners. Film and literature depict the same. Founding owners of Copper Canyon Law were motivated to the commitment to have a better work-life balance, figuratively crying, "objection," to current acceptable practices among those in their profession to work long hours and tolerate stressful workloads. Traditionally law firms carry the names of founding attorneys on the nameboard. Recent changes no longer require new firms to follow such traditions.

Founding partners at Copper Canyon Law wanted their firm name to be less about them and more about a connection to the land and people of the southwest.

The firm is named after the Copper Canyon, a series of six canyons which cut through the Sierra Madre Occidental, located in Northern Mexico. The collective area of these spectacular, deep ravines cover four times the area of the Grand Canyon. The two largest waterfalls in Mexico are found there, plunging from heights of 1,500 feet. It is also home to a group of indigenous people, the Rarámuri, who are among the fastest long-distance runners in the world. They race globally, often wearing sandals and their traditional clothing.

When situations arise calling for an advocate, consider a law firm dedicated to its clients. For more information about the Copper Canyon Law Firm, visit their website at www.coppercanyonlaw.com

The Gospel In A Word

Continued from pg. 13

teaches of those who draw near to the Lord with their lips but not with their hearts.

In the Pearl of Great Price, the Lord taught Adam the greatest blessing of drawing nearer to God, "it is given to abide in you; the record of heaven; the Comforter; the peaceable things of immortal glory; the truth of all things; that which quickeneth all things, which maketh alive all things; that which knoweth all things, and hath all power according to wisdom, mercy, truth, justice, and judgment." (Moses 6:61)

Are we willing to heed the Carpenter's call to launch into the deep? Perhaps we will be cleaning our nets following a fruitless, tedious day at work. May we also answer, nevertheless.

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Sew Sweet Angel Gowns

Provide Comfort For Parents of Stillborn Children

By Hillary Fevrier

Mortal life is one of God's greatest gifts, yet the course of mortality is different for every person. The majority of us are born, we live and eventually we pass on. For some, mortal journeys are cut short before they even begin. Every year, approximately 21,000 infants in the USA are stillborn. While those sweet infants might not travel the same paths as others, they are not forgotten. They live on in the hearts of their families until they are reunited on the other side.

How can we as a community help to ease the burdens of families going through this devastating loss? While no one can take away this particular pain, the team at Sew Sweet Angel Gowns are making an impact in a very special way.

In 2017, retired nurse Joann Cooper told her friend Debbie Sinfield about her experience making bereavement gowns for stillborn babies in Michigan. Debbie was so inspired, the women partnered to create this amazing non-profit organization. After finding a skilled seamstress, the team got to work. They gathered donations, including wedding dresses, and before long they were distributing little white bereavement gowns all over the country. Their greatest mission is to bring comfort to grieving families by gifting them handcrafted Angel gowns for their sweet babies.

There are so many ways for volunteers to get involved with Sew Sweet Angel Gowns. Sinfield explains, "We are faith based, so prayer is very important to us." We are all invited to pray for the grieving families going through this heartbreaking time.

Other ways to get involved include donating old gowns, supplies, or financial support. There are also volunteer opportunities in person. Sewing groups meet most first Saturdays in Ahwatukee, Arizona to deconstruct, cut, or sew. All skill levels are welcome and volunteers can be taught on site.

We have all been touched by the experience of a family with a stillborn child, whether in our own lives or in that of someone we know. Despite the tenderness of the topic, Sinfield encourages anyone who meets the parent of an angel child to ask about the child's name. Parents never forget their love for their child as they cling to the hope of their reunion. Romans 8:39 says, "nor height, nor depth, nor any other creature shall be able to separate us from the love of God." No matter where our mortal journey leads, no matter what highs or lows we are called to pass through, we can rest in the comfort of the constant love of God. Volunteers at Sew Sweet Angel Gowns are sharing the love of God in a moment that matters most.

For information about getting involved, visit www.sewsweetangelgowns.org or find them on any social media platform.

Photos courtesy of Sew Sweet Angel Gowns

ABOVE: Volunteers work hard to offer peace to families in mourning.
LEFT: Joann Cooper, one of the founders of Sew Sweet Angel Gowns.
BELOW: Beautiful gowns for the Angel babies.

VALLEY TEMPLE SCHEDULES

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- Appointments for proxy ordinances are encouraged. Patrons without appointments are also welcome, but may be asked to wait for an opportunity to participate. To schedule or modify a proxy appointment, visit your temple's information at https://www.churchofjesuschrist.org/temples
- Patrons are encouraged to bring their own temple clothing.
- Ordinances for family names must be done in proper sequence—baptism, confirmation, Melchizedek Priesthood ordination (males), initiatory, endowment, and then sealing. Please allow sufficient time to perform all the ordinances you wish to complete during your visit. For additional help and information, please call the temple.
- Please contact the temple for more information or if you have special circumstances or needs.
- Temple websites can be found by searching churchofjesuschrist.org/temples

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